

OTCCC Clinic Notes – Ron and Bev Martin

Healthy Training Tips – Keeping Athletes Healthy

What happens when the athletes have done all the hard work of off-season conditioning and are following your in-season training program, the season is going well, and then someone ends up injured or sick, just before the big meets? Wait for the athlete to see the doctor or trainer? Then wait days or weeks for the athlete to get healthy to rejoin the team at practice or meets? What can you do to help the athlete who struggles with stress, sleeplessness, stomach pains, staying focused, seasonal issues, nagging injuries, aches and pains, hormonal problems, recurring headaches, nervousness before meets, or any other issues that impact their performance? Not much?

What if there was something you could do (in addition to doctors' advice) to help the athlete's body heal from injury and in some cases, not miss a day of training? What if there was a way to help athletes prevent illness and/or get well quicker? Actually, there is!

Essential Oils for Athletes

- I. What are essential oils?
- II. Quality matters!
- III. Safety/guidelines
- IV. Three ways to use essential Oils
- V. Top 10 oils for athletes
- VI. Personal examples
- VII. Athlete success stories (runners and others)
- VIII. Other health benefits
- IX. Resources for additional information
- X. My contact information

